

Weekly Updates From Uplands



HEADTEACHER'S MESSAGE

What a fantastic sporting week we have had - from netball to cross-country to football. Thank you to everyone that took part, you have been exemplary ambassadors of Uplands School and we are very proud of your achievements.

We hope you are continuing to enjoy the fortnightly newsletter - if you have any questions regarding this new format, please do not hesitate to contact the school office.

INFORMATION

Please can we remind everyone to visit the Blogging link under the children section on our school website to find out what your child has been learning and for important dates.

Keep up to date with what's going on at Uplands. Subscribe to the school calendar:-
<https://www.uplandsprimarystroud.co.uk/diary/grid/2024/09/>

See events happening in your local area, check out the 'Whats On' link under the Parents Section on our website.
<https://www.uplandsprimarystroud.co.uk/whats-on/>

Thank you.

REMINDER

Monday 21st October & Tuesday 22nd October
Kestrels Parents Evening

If you need reminding of your appointment time, please contact the office.

SCHOOL PHOTOS



Individual and sibling photos will be taken next Thursday 24th October. Please remember to send your child to school in school uniform. If they have PE, please send them to school with PE kit in a named bag on this day.

Thank you for your understanding.

See below for the new lunch menu for the Autumn Winter Term!

FOOTBALL

Well done to our Y5 & 6 football team who took part in the Atlas Small Schools Football Festival last week! In a real display of team work and sportsmanship, giving their all in every match, they finished off the morning with an incredible 7-0 win! Thank you for representing Uplands so brilliantly, Mrs Knight was very proud 😊.

And a big thank you to the parents who came along to support - it was great to have you there!



Happy Halloween from
Breakfast Club!

Breakfast had some spooky fun making some brilliant Halloween brooms with Mrs Cairns this morning!



CONGRATULATIONS!

w/c 7th October

The Attendance Cup for this week is awarded to Merlins!

Team Points awarded to Thompson!

CONGRATULATIONS!

w/c 14th October

The Attendance Cup for this week is awarded to Eagles!

Team Points awarded to Thompson!



NETBALL FRIENDLY

On Monday we held a friendly at Uplands against Gastrells, with the aim of refreshing our skills before the upcoming tournament.

After not having played Netball in quite a while, the children had clearly not forgotten how to play! Putting in an extremely impressive performance over four quarters, they finished as overall winners! Well done to all of you - thank you for staying after school to represent Uplands, you were all brilliant.



A CRACKING CROSS COUNTRY!

On Wednesday a team of courageous Cross Country runners took to the fields of Stratford Court to take part in this year's KS2 Cross Country!

It was brilliant to see so many children taking part in what is a challenging event. We saw some fantastic performances, with every single person making it round the rather soggy course! Well done to Aubrey, Ariella, Scout, Daisy & Ben who all finished in the top 15 in their races. Congratulations to Ariella who finished 8th to guarantee a place in next year's District Final (and we are hoping a couple more of our top 15 finishers will be called up too!).

A massive well done to all the children who took part, you really should be incredibly proud. And thank you to the parents came along to supervise and support in the drizzle!



UPLANDS RAINBOW WRIGGLE!



The children had a fantastic time taking part in the Uplands Rainbow Wriggle this afternoon! It was wonderful to see our bright, shiny school community enjoying being active together - wriggling and jiggling their way round the playground in the sun! A big thank you to the brilliant James from Atlas Sports for coming in to run the event for us.



NOVEMBER 9 & 10



MAGICAL BOOKMARKS & MINI BOOKS

Drop-in Family Workshops with Martha Lightfoot

14.00-16.30 | Museum in the Park | £1 per child

Come and join talented illustrator Martha Lightfoot and make your very own bookmark or mini book to take home. She'll be taking inspiration from the magical creatures and weird and wonderful folk legends in the exhibition by Hannah Dyson and Jim Pilston. Sharpen your pencils, let your imagination run wild, and enjoy creating something fantastical and fun! This workshop is for families with children aged 4-14, for grown-ups and children to enjoy together.

Tickets: £1 per child, drop in and pay on the day (extra donations welcome to help pay for materials)

★ STAR OF THE FORTNIGHT ★

During today's assembly we celebrated the children's exceptional learning and they were presented with a Star Award that will be a reminder of their achievement.

This week's winners are:

*Owls: Rafe, Jemyliia-Jayne
Kestrels: Aubrey, Sonny, Ned, James
Eagles: Liam, Daisy*

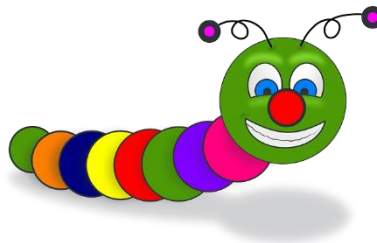
**Congratulations Everyone!
Keep Up the Good Work!**

NEW LUNCH MENU

New school lunch menu starting Monday 4th November.

GCC Autumn Winter Menu 2024/2025		Meat Free	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Fish	FRIDAY
WEEK ONE 4 November 25 November 16 December 20 January 10 February 10 March 31 March	Option One		NEW Tomato Pasta	Sausage with Mash and Gravy	Roast Chicken with Roast Potatoes & Gravy	Beef Pasta Bake		Fish Fingers with Chips & Tomato Ketchup
	Option Two		Mexican Fajitas with Rice	NEW Creamy Curry with Rice	Vegetable Roast with Roast Potatoes & Gravy	NEW Baked Bean Hot Pot		Mexican Bean Roll with Chips & Tomato Ketchup
	Option Three		Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Baked Beans or Salmon Mayonnaise	Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise		Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise
	Vegetables		Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day		Peas and Baked Beans
Dessert		Melting Moment Biscuit	Blackberry and Apple Crumble with Custard	Jelly and Peaches	Winter Cake with Custard		Chocolate Orange Cookie	
WEEK TWO 11 November 2 December 6 January 27 January 24 February 17 March 7 April	Option One		Cheese and Tomato Pizza With New Potatoes	Meatballs in Tomato Sauce with Rice	Roast Gammon with Roast Potatoes and Gravy	Chicken Tikka Masala with Rice		Fish Fingers with Chips & Tomato Ketchup
	Option Two		NEW Caribbean Stew with Rice	NEW Cheesy Pasta with Garlic Bread	Vegan Sausage with Roast Potatoes & Gravy	NEW Mild Mexican Chili with Rice		Cheese and Tomato Quiche with Chips & Tomato Ketchup
	Option Three		Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise		Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise
	Vegetables		Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day		Peas and Baked Beans
Dessert		Vanilla Shortbread	Marble Cake with Chocolate Sauce	Fruit Medley	Peach Upside Down Cake with Custard		Oaty Cookie	
WEEK THREE 18 November 9 December 13 January 3 February 3 March 24 March	Option One		Macaroni Cheese	NEW Cowboy Casserole	Roast Turkey with Roast Potatoes and Gravy	Spaghetti Bolognese with Garlic Dough Balls		Breaded Fish with Chips & Tomato Ketchup
	Option Two		Vegan Plant Balls in Tomato Sauce with Rice	Cheese and Tomato Pizza With Potato Wedges	Vegan Quorn with Roast Potatoes and Gravy	Chinese Vegetable Curry with Rice		Cheese and Red Pepper Frittata with Chips & Tomato Ketchup
	Option Three		Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise		Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise
	Vegetables		Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day		Peas and Baked Beans
Dessert		Chocolate Brownie	Sticky Toffee Apple Crumble with Custard	Ice Cream	Vanilla Cake with Chocolate Sauce		Cinnamon Swirl with Apple Slices	
MENU KEY			Added Plant Power	Wholemeal	Vegan	ALLERGY INFORMATION: If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.		
Available Daily: Fresh Bread – Salad Selection – Fresh Fruit and Yoghurt								

HOPE YOU ALL HAVE A LOVELY
WEEKEND!
SEE YOU ALL NEXT WEEK!



Yours sincerely,

JPowell

Mr James Powell
Head Teacher

caterlink
feeding the imagination

DIARY DATES - AUTUMN 2024

DIARY DATES - AUTUMN 2024	
Monday 21 st October	Kestrels Parents' Evening (Kestrels Class only)
Tuesday 22 nd October	Kestrels Parents' Evening (Kestrels Class only)
Thursday 24 th October	Whole School/Siblings Photos
Friday 25 th October	Last day of Term 1
Monday 29 th October – Friday 1 st November	Half Term Break
Monday 4 th November	Children return to school
Thursday 7 th November	Kestrels trip to Stroud Book Festival 11.30am – Sufiya Ahmed Eagles trip to Stroud Book Festival 1.30pm – Louie Stowell
Friday 8 th November	Owls trip to Stroud Book Festival 1.30pm – James Carter
Wednesday 13 November	Parents' Evening
Thursday 14 th November	Parents' Evening
Tuesday 26 th November	Internet Safety Evening - 4pm start
Thursday 5 th December	PTA Christmas Disco
Monday 9 th December	PTA Quiz at The Vine Tree
Wednesday 11 th December	School Christmas Lunch
Wednesday 18 th December	Whole School Trip to the Panto, Stroud Sub Rooms- 1.30pm Hood
Friday 20 th December	Last day of Term 2
Monday 23 rd December – Friday 3 rd January 2025	Christmas Holidays
Monday 6 th January 2025	Inset Day
Tuesday 7 th January 2025	Children return to school